

ROBERT D. SPODEN
ROCK COUNTY SHERIFF
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NEWS RELEASE

Summer Heat Awareness: 2018 Rock County Cooling Centers Announced

For Immediate Release

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Contact Person

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The National Weather Service is forecasting high temperatures this weekend with heat indices reaching 100 degrees for the Rock County area. Heat is one of the leading causes of weather-related deaths in Wisconsin. Those most at risk are children, older adults and those living with chronic physical or mental health conditions.

With the dangers posed by summer heat, the Rock County Sheriff's Office and the Department of Public Health are recommending that citizens take extra precautions during these extreme temperatures as forecasted for this weekend.

Heat Exhaustion

General heat exhaustion symptoms include fainting, rash, fatigue and nausea. Skin can become clammy and moist, or hot and dry. Heat stroke can come on rapidly and may progress to life-threatening illness within minutes.

If heat-related symptoms appear, action should be taken immediately to reduce body temperature. This includes taking a cool shower, bath or sponge bath. Wearing wet clothing also has a cooling effect.

Additional Safety Tips for Warm Weather:

- Stay hydrated – avoid excessive amounts of caffeine and alcohol or heavy meals.
- Wear loose fitting, lightweight, light colored clothing – dark colors absorb the sun's rays. Cover your head with a hat and always wear sunscreen outdoors.
- Take breaks frequently in higher temperatures and avoid strenuous exercise during the hottest part of the day: 11:00 AM – 4:00 PM
- Check on family, friends and elderly, those who are more vulnerable to heat
- Check on your pets more frequently in warmer weather and keep fresh, cold water available at all times.
- Never leave individuals or pets in parked vehicles. Temperatures become life-threatening within just minutes. 80 degrees outside can become 100 degrees within a vehicle in less than ten minutes, even with a window cracked open.

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- Keep living areas as cool as possible. Cover windows to minimize sunlight into the area and utilize basement and ground level floors as they are generally cooler.
- Limit physical activity during extreme heat. Plan outings early in the morning or in the evening when temperatures are cooler.

Pets and Livestock

- Make sure all pets and livestock have access to cool, clean water and shade.
- If you can, bring pets inside where there is air conditioning.
- Try to provide shade for all animals pastured outside.
- Limit exercising your pet to early morning or late evening hours when it is cooler.
- Warning signs of heatstroke in animals include heavy panting, glazed eyes, and excessive thirst. Seek veterinary assistance immediately.

Cooling Centers

Citizens who do not have access to air conditioning in their homes are encouraged to seek out air conditioned facilities such as public buildings, malls, libraries or senior centers, or stay with family or neighbors who have air conditioning. Several cooling centers are welcoming citizens to find relief if needed during their normal business hours.

Organizations and businesses that serve as Cooling Centers serve the community as air-conditioned facilities where citizens can get out of the heat and “cool off”. Citizens are responsible for their own belongings, water and nourishment. Cooling Centers are not over-night shelters. Citizens requiring overnight sheltering should contact local shelters for services.

Businesses and organizations that would like to serve the community as Cooling Centers should contact Emergency Management at 608-758-8403.

For more information on heat awareness and safety, please visit

<http://ready.wi.gov/heat/default.asp> and
<https://www.dhs.wisconsin.gov/climate/weather/heat.htm>.

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Emergency Management

Attachment: 2018 Rock County Cooling Centers